

Full Report (All Nutrients) 45134939, HEALTHY CHOICE Chicken Enchilada, UNPREPARED, GTIN: 00072655460119

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: July 08, 2017 13:14 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Conagra Brands

Nutrient	Unit	Data points	Std. Error	1 Meal (252g) 252g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	340	135
Protein	g	--	--	11.01	4.37
Total lipid (fat)	g	--	--	7.51	2.98
Carbohydrate, by difference	g	--	--	55.01	21.83
Fiber, total dietary	g	--	--	8.1	3.2
Sugars, total	g	--	--	1.99	0.79
Minerals					
Calcium, Ca	mg	--	--	151	60
Iron, Fe	mg	--	--	1.79	0.71
Potassium, K	mg	--	--	489	194
Sodium, Na	mg	--	--	600	238
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	2.5	1.0
Vitamin A, IU	IU	--	--	300	119
Lipids					
Fatty acids, total saturated	g	--	--	2.495	0.990
Fatty acids, total monounsaturated	g	--	--	3.503	1.390
Fatty acids, total polyunsaturated	g	--	--	1.991	0.790
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	15	6
Amino Acids					
Other					
Ingredients					

Cooked Cilantro Rice (Brown Rice, Water, Cilantro, Canola Oil), Chicken Enchilada (Water, Corn Masa [with Trace of Lime, Cellulose Gum, Mono- and Diglycerides], Cooked Chicken [Chicken, Water, Modified Corn Starch, Salt, Sodium Phosphate], Tomatoes in Juice, Green Bell Peppers, Onions, Long Grain Enriched Rice [Parboiled Rice Enriched with Niacin, Iron, Thiamine, Folic Acid], Contains Less than 2% of: Tomato Paste, Modified Corn Starch, Flavorings, Chipotle Peppers, Wheat Flour, Sodium Carboxymethylcellulose, Sugar, Salt), Water, Black Beans, Corn, Green Chili Peppers, Monterey Jack Cheese with Peppers (Milk, Cheese Cultures, Green and Red Jalapeno Peppers, Salt, Enzymes, Natamycin [A Natural Mold Inhibitor*]), Red Bell Peppers, Contains 2% or less of: Canola Oil, Modified Corn Starch, Garlic, Whey Protein Concentrate, Salt, Spices, Chicken Meat and Natural Juices, Mono- and Diglycerides, Sodium Phosphate, Chicken Fat, Sugar, Hydrolyzed (Corn And Wheat Gluten, Soy) Protein, Chili Powder (Chili Pepper, Spices, Onion Powder, Garlic Powder), Citric Acid (for flavor), Dried Whey, Maltodextrin, Natural Flavors, Yeast Extract, Disodium Inosinate and Guanylate, Extractives Of Turmeric And Annatto (color). CONTAINS: MILK, WHEAT, SOY. *to preserve quality
Date Available: 03/09/2017 Date Last Updated by Company: 03/09/2017